



JOINT BASE MYER-HENDERSON HALL WEEKLY GOUGE



HEADQUARTERS & SERVICE BATTALION INFORMATION

HQCo
(703)614-7140

S-1
(703)614-2014

CONAD
(703)614-7171

S-3
(703)614-1471

S-4
(703)614-9455

S-6
(703)693-9530

SUPPLY
(703)614-7131

MOTOR-T
(703)614-1332

DMO
(703)614-7191

CHAPLAIN
(703)614-9280

FRO
(703)697-7342

SAFETY &
ENVIRONMENTAL
(703)614-1900

CAREER PLANNING
(703)614-9208

January 31, 2014

EDUCATION AND TUITION ASSISTANCE

MARADMIN 611/13. "The USMC budget for Tuition Assistance, FY14-2nd quarter is exhausted. TA funding will be available next on 01 April. Please submit applications no more than 30 days in advance of the course start date." For further assistance contact education & career services (703)614-9104 in Building 29, Room# 204.

COMMAND COMMUNICATION

Make sure that you and your family members are receiving update information from the command by updating your Family Readiness Contact information on MOL. It's easy and fast to update, just go to your "Personal Info" tab in MOL, select the "Family Readiness" and update your info, spouses, family members or whoever you would like to receive official command communication.

*******Rader Clinic back up for enrollment for adults and children*******

Ms. Hattie Powell is available to brief you on any of your chosen forums and facilitate enrollment. (703) 692-1528 or Email @ hattie.powell-ray@usmc.mil

CONAD PENTAGON ROAD SHOW

CONAD will be conducting a road show at the Pentagon every Wednesday unless otherwise advised. Located in Room 4B548 (Division of Public Affairs Conference RM) from 0900-1400. CONAD will continue with the road shows every Wednesday at the same location in order to provide administrative support for the Marines who work in the Pentagon. If any of your Marines need any administrative support I ask that you direct them our way. CONAD sends e-mails the Marines that are due to have their triennial audits, dependent over 21 audits and CSB audits completed on weekly basis. This is a great time to have your Marines meet this requirement.

DECLARE YOUR MOTORCYCLE OWNERSHIP

If you own or operate a motorcycle, Marine Corps regulations require that you report such ownership/operation to your command. ALMAR 014-08 which was published in 2008 mandated that all Marines declare motorcycle ownership (even if cycle is not at their current duty station or is not being currently ridden) and/or ridership within 48 hours from checking into their command. In many cases this is not happening. Failure to comply with the ALMAR subjects the violator to punitive actions under the UCMJ and possible loss of benefits in the event of a motorcycle accident or mishap involving bodily injury. Declaration of motorcycle ownership and/or ridership is easy. Contact the HQBN Safety and Environmental Officer at 703-693-2501 and request that a Motorcycle Owner Information Sheet via email or fax, fill it out and send it back. That's all that is required. Contact GySgt Dunston at 703-614-7190/91 or Maurice.dunston@usmc.mil for more information.

BEHAVIORAL HEALTH WEEKLY MEETINGS

The Marine Corps Community Services Behavioral Health Branch offers weekly meetings throughout the month. A men's domestic violence intervention group (STOP) meets Tuesdays, 9 – 11 a.m., for 26 weeks, in Bldg. 12's conference room. An anger management workshop meets Wednesdays, 9 – 11 a.m. (location to be announced). A women's support and empowerment group also meets; please call for details on this group. For more information on the groups and other services provide to active duty personnel and their families, please call 703-614-7204.

"RUACH WARRIOR" WEEKLY BIBLE STUDY

"Ruach Warrior" Weekly Bible Study is held every Wednesday 11:30-1200 in the Henderson Hall Chapel. This is a non-denominational study of the Bible to encourage and uplift your spirit on key Godly principles. Everyone is invited and there will be refreshment at the end. Please call the 703-614-9280 for questions or additional information.

SHOPETTE
(703)979-8420
EXT: 107

UNIFORM SHOP
(703)979-8420
EXT: 340

ATHLETIC/SPORTS
(703)697-2706

SMITH GYM
(703)614-7214

SMP
(703)614-4947

ZEMBIEC POOL
(703)693-7351

FAMILY ADVOCACY
(703)614-7204

EDUCATION
(703)614-9104

RELOCATION
ASSISTANCE
(703)614-7202

FINANCIAL
MANAGEMENT
(703)614-6950

ITT
(571)483-1963

VOLUNTEER
PROGRAM
(703)693-1253

CAREER RESOURCE
MANAGEMENT
CENTER
(703)614-6828

CHAPLIANS OFFICE UPDATES

The Kitchen will re-open on February 7 at 1100. There will be food, and donations will go towards the USMC Ball.

Starting next week on Tuesdays and Thursdays RP1 Blackmon will be offering guitar lessons in the chapel located at Henderson Hall. You do not need a guitar, however there are only two available here so if you have one please bring it along. No experience necessary. Also, on Fridays at 1300 I will have a jam session to teach people how to play with others. For this session participants should know their way around the fret board. If you are interested please RP1 Blackmon, my office number 703-693-4732 with the info.

FINANCIAL MANAGEMENT ASSISTANCE AVAILABLE

The Marine Corps Community Services Personal Financial Management Program assists with everything from budgeting to investing. Classes are held throughout the month on a variety of topics, to include planning for retirement. For a list of upcoming topics, please visit www.mccsHH.com/Finance.html. For more information, please call 703-614-6950.

FREE THROW CONTEST

Come test your skills! The Cpl Terry L. Smith Gymnasium holds a free throw contest Friday, February 14, starting at 12:30 p.m. The event is open to authorized patrons age 18 and older. Registration, which opens January 28, is required and ends February 11. Contestants have one minute to shoot 15 basketballs from the free throw line. The contestant who makes the most shorts will be declared champion, and prizes will be awarded for the top three performers. For more information, please call 703-614-8759. TO register, please visit <http://conta.cc/1jzDxTk> or go to the MCCS website, www.mccsHH.com/smithgym.html for a link to register.

AFTERNOON TOASTMASTERS

Would you like to improve your public speaking, listening, or leadership skills? You are nervous giving briefings, but would like to learn how to control the biggest fear of all. If so, the new toastmasters club invites you to our weekly meeting Tuesdays, 17:30- 18:45 in the Pentagon Main Cafeteria (directly under CVS and behind Subway & Dunkin Donuts). First come first served. For more information, contact Carl or Bert at carl.e.sabath.civ@mail.mil (703) 695-2804 or jose.h.romero6@mail.mil (703) 695-3443. Toastmasters International, www.toastmasters.org endorsed by OPM 24 Sept 2000, 13 Jul 2009.

VICTIM ADVOCACY PROGRAM

If you need to speak with a Victim Advocate during regular business hours (Monday–Friday, 7:30 a.m. – 4:30 p.m.), you can call the Family Advocacy Program at (703) 614-7204 and speak with one of our Victim Advocates. If you need to speak with a Victim Advocate after regular business hours, you can call the Victim Advocacy Hotline at (703) 693-6611. If you are an active duty service member and you are a victim of sexual assault, you may also speak with the Sexual Assault Response Coordinator (SARC) or Uniformed Victim Advocate (UVA) assigned to your Command for additional information about the Sexual Assault Prevention and Response (SAPR) program, for Restricted and Unrestricted reporting options or to report an assault. The H&S Battalion SARC can be reached during working hours at (703) 693-4733 or by cell phone at (571) 205-1298. The H&S Battalion UVA can be reached during working hours at (703) 693-7407 (office) or by cell phone at (202) 439-5827. National hotline for victims of domestic abuse, the national Hotline for victims of sexual assault is available 24 hours a day, seven days a week. **The toll-free number is 1-800-656-HOPE.** <http://www.hqmc.marines.mil/Agencies/HeadquartersandServiceBattalion/SAPROffice.aspx>

DSTRESS Available 24/7

The United States Marine Corps challenges Marines to win your personal battles. Help is available through online chat or phone for anonymous, peer-to-peer counseling 24/7. Online chat is at DSTRESSLINE.com or call 877-476-7734.

H&S BN, HQMC WEBSITE MOVED

H&S Bn website has moved to the following address:

<http://www.hqmc.marines.mil/Agencies/HeadquartersandServiceBattalion.aspx>

MCCS Henderson Hall on Facebook and Twitter

Keep aware of MCCS Henderson Hall activities by liking mcsHH on Facebook and following mcsHH on Twitter. Also visit our website, www.mcsHH.com. On a mobile device? You'll be automatically redirected to our mobile site.

SOCIAL MEDIA FOR H&S BN, HQMC

Make a comment, identify yourself or others, and download hi-res images from H&S BN, HQMC, HH on Flickr

 <http://www.flickr.com/photos/107757436@N08/>

Become a fan of H&S BN, HQMC, HH on Facebook



<https://www.facebook.com/hendersonhall>



JOINT BASE MYER-HENDERSON HALL

WEEKLY GOUGE

MCCS INFORMATION

<http://www.mcsHH.com>



Monday, February 3

- The barber shop is closing at 1 PM today for renovation project work. To read about the renovation, please visit www.mcsHH.com/barbershop.html for information about the project. 703-979-8420
- The MCX "Sweetheart Gifts" sales flier is online at www.mcsHH.com/MCX.html . The front cover features "Loveswept," a new philosophy® fragrance available at the MCX.
- They call it "Puppy Love"! Look for the "Puppy Love" promotion of perfect gift suggestions, on our Facebook <<http://www.facebook.com/mcsHH>> —a suggestion for your sweetheart from the MCX each day—also a chance to win a stuffed Marine bulldog! Enter at the MCX by Customer Service.
- The Marine Club offers menu service, soup and salad bar 11 AM – 2 PM. Check out the club's weekly deal with coupon: a Triple Nickel Special 7" thin crust cheese or pepperoni pizza for \$5.55 (two for \$10) including drink. Extra toppings are 50¢ cents extra per topping. Get the coupon at [Facebook.com/mcsHH](http://www.facebook.com/mcsHH) <<http://www.facebook.com/mcsHH>> . 703-614-2125

Tuesday, February 4

- The barber shop is closing at 1 PM today for renovation project work. To read about the renovation, please visit www.mcsHH.com/barbershop.html.
- A Welcome Aboard brief is held starting at 8 AM in the Marine Club. Newcomers and their families are welcome to attend. An optional walking tour of the base is held at 11:30 AM. Sponsors receive a \$10 lunch coupon, and a tour of the local area follows at 12:30 PM. Register: 703-614-7204
- Own it today: "Escape Plan" Blu-ray Combo \$24.99. Prices good today through February 8. Low price guaranteed: ask an associate for details.
- The Men's Domestic Violence Intervention Group (STOP) is 9 – 11 AM in Bldg. 12's conference room. This is a 26 week program. For information: 703-614-7204

- The Marine Club offers menu service, soup and salad bar 11 AM – 2 PM and their weekly coupon deal for a 7” pizza (see above). 703-614-2125

Wednesday, February 5

- The barber shop is closing at 1 PM today for renovation project work. To read about the renovation, please visit www.mccsHH.com/barbershop.html.
- An 8-week anger and stress management group meets 9 – 11 AM. Call 703-614-7204 for details.
- Little Patriots Play Group meets at the Indian Head, Maryland, USO 10 – 11:30 AM. Refreshments sponsored by Navy Mutual Aid Association <<http://www.navymutual.org>> . 703-614-7204
- Learn about managing your finances 11:30 AM – 1 PM in Bldg. 29, Rm. 204. Register: 703-614-6950
- DTAP for service-connected disabilities workshop at 1 – 3 PM in Bldg. 29, Rm. 103.
- The Marine Club offers menu service, soup and salad bar 11 AM – 2 PM and their weekly coupon deal for a 7” pizza (see above). 703-614-2125

Thursday, February 6

- The barber shop is closed all day for renovation project work. Regular hours are expected to resume Saturday, February 8. 703-979-8420
- Learn about personal credit 11:30 AM – 1 PM in Bldg. 29, Rm. 204. Register: 703-614-6950
- The Marine Club offers menu service, soup and salad bar 11 AM – 2 PM and their weekly coupon deal for a 7” pizza (see above). 703-614-2125

Friday, February 7

- The barber shop is closed all day for renovation project work. Regular hours are expected to resume Saturday, February 8. 703-979-8420
- The Marine Club offers menu service, soup and salad bar 11 AM – 2 PM and their weekly coupon deal for a 7” pizza (see above). 703-614-2125

Saturday, February 8

- Look for the “Puppy Love” promotion of perfect gift suggestions, on our Facebook <<http://www.facebook.com/mccsHH>> —a suggestion for your sweetheart from the MCX each day—also a chance to win a stuffed Marine bulldog! Enter at the MCX by Customer Service.

Sunday, February 9

- Look for the “Puppy Love” promotion of perfect gift suggestions, on our Facebook <<http://www.facebook.com/mccsHH>> —a suggestion for your sweetheart from the MCX each day—also a chance to win a stuffed Marine bulldog! Enter at the MCX by Customer Service.

Monday, February 10

- Transition Readiness Seminar for separating Marines is held 8 AM – 4 PM this week in Bldg. 29, Rm. 104. Topics are Employment Pathway and Entrepreneurship Pathway. 703-614-6828
- Peacock Carpet, purveyors of fine handmade carpets from India, Pakistan, and Afghanistan, are in the MCX through February 10. Come check out the huge selection and great prices! 703-979-8420
- Be a Tutor Buddy! Go to Barcroft Elementary school to mentor a student and gain valuable experience in making a difference in a child's life. Transportation leaves at 11:40 AM and returns at 1:05 PM. To volunteer: 703-693-1253
- The Marine Club offers menu service, soup and salad bar 11 AM – 2 PM. 703-614-2125

Upcoming and Ongoing...

- Come test your skills! The Cpl Terry L. Smith Gymnasium holds a free throw contest Friday, February 14, starting at 12:30 PM. Contestants have one minute to shoot 15 basketballs from the free throw line. The contestant who makes the most shots will be declared champion, and prizes will be awarded for the top three performers. For more information, please call 703-614-8759. Register by February 11 through the MCCA website, www.mccsHH.com/smithgym.html, link. Come watch and get a free bag of popcorn (while supplies last).
- The Marine Corps Exchange Emporium now carries a selection of refrigerator items: packaged lunches, wraps, hard boiled eggs, butter, cream cheese,
- For ongoing tests given by Education & Career Services, please phone 703-614-9104 or visit www.mccsHH.com/learning.html <<http://www.mccshh.com/learning.html>> .
- Learn how to build resiliency in yourself and your family. Come to a F.O.C.U.S. Workshop for Parents on February 20, noon – 1 PM, in Bldg. 12's conference room. All parents welcome! Register by February 17. Call 703-693-5353 or email efmphh@usmc-mccs.org <<mailto:efmphh@usmc-mccs.org?subject=Registration%20for%20F.O.C.U.S.%20Workshop%20for%20Parents%20February%2020>> .
- Ongoing through February 12 from Alexandre London: a Made to Measure combo sale! Pay for a jacket and get two pairs of trousers free. See associate for full details or call 703-271-8500.

MARINE VOLUNTEER:

1. The Close-Up Foundation is the nation's largest non-profit, non-partisan citizenship educational organization, working to promote responsible and informed participation in the democratic process through a variety of educational program seminars. These seminars help to familiarize students with the workings of the government and the military. Additional information on the Close-Up Foundation can be found at www.closeup.org.
2. This is a great opportunity for service members to sharpen their public speaking skills and craft messages on a variety of issues. Each session is strictly "non-attribution" and requires no specific expertise by the service member involved; other than personal experiences as a military service member. Panelists are asked to arrive at least 15 minutes earlier than the scheduled session time. Panelists should expect to stay 10-15 minutes after the scheduled session for photos and student interaction.
3. The easiest method of getting to the WIMSA is via the Metro Rail, Blue Line, and getting off at the Arlington Cemetery stop. Volunteers are encouraged to sign up for at least one session, but can sign up for several if desired. Sessions are scheduled on a first come, first serve basis.

Who: Marine officer ranks, 02-04 and Enlisted Marines, ranks E5-E8

What: Close-Up Foundation Educational Program Panel Sessions

When: Various dates listed below; 1430-1530

Where: Women in Military Services for America (WIMSA) Auditorium, Arlington Cemetery, Arlington, VA

Attire: Service Charlie's

Role: Serve as a panelist providing students general information regarding military services; the workings of the government and your own personal experiences the military, your career, and life in the military.

Available dates: Feb 18, 25; Mar 4, 11, 18 and 25; Apr 1, 8, 15, and 29; May 6, 13, 20 and 27; Jun 3 and 10.

If interested in participating, please contact Ms. Hattie Powell-Ray at (703) 692-1528 or hattie.powell-ray@usmc.mil.

*******MORE VOLUNTEER OPPURTUNITES*******

Who: Marine officer, ranks 02-05

What: Panel speaker, National Youth Leadership Forum (NYLF) Career Panel (Defense, Intelligence and Diplomacy) and Career Exploration Fair:

Theme: Discover the Future.

When: Wednesday, Feb 19, 26 and March 5. Hospitality - 1900; Career Panels-1930-2045 p.m. Career Fair - 2045-2130.

Where: Sheraton Pentagon City Hotel, 900 S. Orme St., Arlington, VA 22204.

Uniform: Service "B"

Background:

Career Panels: The career panels serve as an opportunity for students to explore career options in defense, intelligence or diplomacy through speaker presentations and question and answer periods. The unique experience of hearing from experts in the field presents students with the possibility of discovering specific information related to career paths they are interested in while also challenging and inspiring them to consider additional career options within the field of national security.

Career Exploration Fair: Launching Your Professional Network. The career exploration fair presents the opportunity to network and explore career opportunities with representatives of various schools and agencies to discuss specific topics such as college recruitment and admissions, national security issues, military or civilian government service careers or current international affairs issues.

Volunteer is on a first come first serve basis. If interested, please contact Ms. Hattie Powell-Ray at (703) 692-1528 or Email @ hattie.powell-ray@usmc.mil.

FAST & FREE



HEADQUARTERS, U.S. MARINE CORPS TAX CENTER

**FAST AND FREE TAX PREPARATION
AND ELECTRONIC FILING FOR
FEDERAL AND STATE TAX RETURNS**

Opens January 21, 2014

Monday thru Friday 0800 to 1600

Henderson Hall, Bldg 29, Rm 105

For Information Call (703)693-7001

No appointments are necessary,
however, appointments are available
for more complex tax returns.

Please bring:

- Military ID
- All W2's
- All 1099s, 1098s, etc..
- Social Security cards for all family members
- EIN for day care providers
- All documents supporting deductions and credits
- Copies of your 2012 federal and state tax returns
- Tax power of attorney or IRS Form 2848 (POA).



FAST & FREE



JOINT BASE MYER-HENDERSON HALL WEEKLY GOUGE



UPCOMING AND ONGOING EVENTS:

- **Welcome Aboard.** Marine Corps Community Services holds a Welcome Aboard orientation Tues., Feb. 4, starting at 8 a.m. in the Marine Club. Briefers from MCCA and the joint base will welcome newcomers and provide information on their programs. All newcomers and their families are welcome to attend. The brief includes an optional walking tour of the Henderson Hall portion of the joint base, break for lunch, and a bus tour of the local area. Each sponsor receives a coupon for lunch at the club or the Java Café. Please register in advance by calling 703-614-7202.
- **Anger Management Workshops Resume in January.** Marine & Family Programs offers anger management workshops beginning January 8. The weekly sessions, Wednesdays 9 – 11 a.m., are designed to teach eight tools for managing anger. Participants may start at any time, but must attend all eight sessions to receive a certificate of completion. Sessions are in Bldg. 12's conference room on the Henderson Hall portion of the joint base. The workshops are open to active duty personnel, their family members, and military retirees. To register, please call 703-614-7204.
- **Zembiec Pool Closed Indefinitely.** Due to damage as a result of a power outage, the Maj Douglas A. Zembiec Pool is closed indefinitely. We regret this loss of a popular workout venue and will be working diligently to reopen as soon as possible.
- **Education & Career Services.** For ongoing tests given by Education & Career Services, please phone 703-614-9104 or visit www.mccshh.com/learning.html <<http://www.mccshh.com/learning.html>>.
- **New MCX Price Match Program.** MCX is committed to offering you the best price every day. If you find a lower price in a local competitor's store, ad, or on certain major online sites (see below for qualifying sites), we'll match the price! Some exclusion applies. MCX will match the price on the online sites of Walmart.com, Target.com, Amazon.com, BestBuy.com, Sears.com, ToysRUs.com or BabiesRUs.com only. Prices of third parties doing business on these websites will not be matched. The qualifying competitive online price may be presented on a mobile device such as a tablet computer or smart phone. Printed copies of a web site are not acceptable. For more information, please visit <http://mymcx.com/index.cfm/support/price-match-guarantee/>
- **MCX Java Café.** Sugar & Spice happy hour at the MCX Java Café weekdays 1 – 2 PM: half price seasonal beverages. 571-483-1962

HEADQUARTERS AND SERVICE BATTALION HENDERSON HALL SHUTTLE SERVICE

Henderson Hall Motor Transport has adjusted the Shuttle Service which will now be running between Henderson Hall, the Pentagon, and the Naval Support Facility (NSF). The hours of operation for this service will be from **1000** to **1500**, with no service on weekends and observed holidays. This service is open to all military and civilian personnel within Henderson Hall, the Pentagon, and the Naval Support Facility.

The shuttle van will depart at the scheduled times regardless of passenger counts. Please do not address or coerce the drivers to wait for additional passengers, or to drop-off/pick-up at locations other than the locations below. The pick-up locations are as follows:

- **HENDERSON HALL: SMITH GYM (BL-27), PULL UP BARS**
- **NAVAL SUPPORT FACILITY: BUS STOP, OUTSIDE MAIN GATE**

- **PENTAGON: SOUTH PARKING, MOTORCYCLE LANE**

Questions or concerns can be directed to the Henderson Hall Motor Transport Section at (703) 614-1332 or the Henderson Hall S-4 office at (703) 614-5979.

SHUTTLE SCHEDULE AND PICK-UP LOCATIONS

*****EFFECTIVE 18 NOVEMBER 2013 *****

HENDERSON HALL SMITH GYM (BL-27) PULL UP BARS	NAVAL SUPPORT FACILITY BUS STOP (OUTSIDE MAIN GATE)	PENTAGON SOUTH PARKING MOTORCYCLE LANE	
DEPART	DEPART	DEPART	
1000	1015	1030	
1045	1100	1115	
1130	1145	1200	
1215	1230	1245	
1300	1315	1330	
1345	1400	1415	
1430	1445	1500	
RETURN TO MOTOR POOL			